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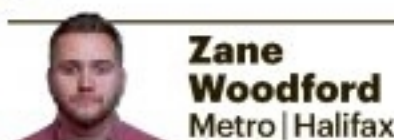
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THE PROVINCE

Nova Scotia leading on immigration, premier says



Premier Stephen McNeil says Nova Scotia is "headed in the right direction" when it comes to immigration.

McNeil said Tuesday he's "pleased" the cap on provincially nominated immigrants was raised to 1,350 and that federal immigration minister John McCallum is recognizing the province's work.

"But there's no question we need more people," he said during a media availability at Province House.

"It's my fundamental belief the cap should be lifted and allow us as a region, as a province, to go forward."

McNeil said he worked with MP Scott Brison to convince McCallum to raise the cap by 300, but it wasn't a tough sell.

"What we were asking for was reasonable," he said.

"We've proven that, not only do we need people but we can meet those numbers."

More coverage, page 4

'A DEFEATED MAN'

Local MMA fighter takes own life after parents say health-care system let him down

metroNEWS

Cody Glode, who was from Millbrook, battled depression.

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Judge reserves decision in military harassment case

HUMAN RIGHTS

Former naval officer says commission report 'flawed'

A former navy officer who alleges he was discriminated against because he is openly gay argued Tuesday in the Federal Court of Appeal that he felt harassed by both the military and the Canadian Human Rights Commission.

Retired Sub-Lt. Paul Ritchie wants a judicial review of a decision from the commission dismissing his claim of discrimination based on sexual orientation.

Ritchie, who represented himself at the hearing in Halifax, focused his argument on the commission's investigation, which he said was biased. He also accused the military of giving the investigator false information.

"If the investigation report is flawed, then so is the commission's decision," he said outside court.

Justice Ann Marie McDonald reserved her decision.

When a complaint is made to a human rights commission, an investigator is assigned to look into the allegations and write a report. The commission then decides whether to dismiss the complaint or hold a board of inquiry.

But Ritchie told the court



Retired Sub-Lt. Paul Ritchie, a former navy officer who alleges he was harassed because he is openly gay, arrives at court in Halifax on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS



There is no evidence that this was not a thorough investigation.

Lawyer Michelle Chan

he often felt as though he was under investigation and not his allegations against the military.

Ritchie also said he felt "threatened" when the investigator allegedly warned him the

investigation could be delayed for months unless he revealed the amount of compensation he was seeking as part of his complaint.

"I was devastated," he told

the court. "I was uncomfortable."

Ritchie told the court that contrary to the commission's assertion he had resigned, he submitted his resignation from the military due to the alleged harassment, but later rescinded it. He said he was then released from the military in 2012.

He is seeking \$5,000 from

the Department of National Defence. The department is seeking \$2,250.

Lawyer Michelle Chan, appearing on behalf of the Attorney General of Canada, argued that while Ritchie may not agree with the commission's decision, that's not a good enough reason to overturn its ruling.

She said the court must decide only whether the decision to dismiss Ritchie's complaint was a viable option for the commission, not whether it was right or wrong.

"There is no evidence that this was not a thorough investigation," she said.

Speaking outside court, Chan said Ritchie's allegations that the military gave false information to the investigator were serious and unsubstantiated.

"We took exception to it being said that there were (claims made) without sufficient evidence," she said.

Documents filed with the court describe a complex legal fight dating back to 2009, the year after Ritchie enrolled to become a naval combat systems engineer in the Royal Canadian Navy.

The 22-page report from commission investigator Helen Gillespie concluded that, as the military itself admitted, Ritchie was at times treated differently as he studied at the Naval Engineering School in Halifax.

THE CANADIAN PRESS

CRIME

Police trying to identify suspect



Zane Woodford
Metro | Halifax

Halifax police are hoping the public can help them identify the suspect in two incidents last month where a man approached teenage girls.

The first incident happened in Eastern Passage at about 3:30 p.m. on Feb. 23. A release from RCMP says a man in a grey or silver four-door vehicle tried to talk to two 13-year-old girls walking near Cow Bay Road and Caldwell Road.

When the girls didn't respond, he drove away. He's described as a man of medium build between 30 and 40 years old with a dark complexion, dark hair and grey sideburns who was wearing sunglasses at the time.

The second incident happened at about 5:10 p.m. on Feb. 29 in Cole Harbour, when a man got out of his car near Southampton Drive and Morris Lake Drive, approached a 16-year-old girl, and asked her "to go with him."

She declined, and the man drove off. The man in that incident is described as "being possibly East Indian," with a stocky build and short, dark, curly hair. Police say he's between the ages of 30 and 40, about five-feet-five-inches tall, and had braces on his top and bottom teeth.

Based on those descriptions, police believe the same man is responsible for both incidents.

Anyone with information is asked to call police or Crime Stoppers.



Suspect rendering. RCMP

COURT

'Internet Black Widow' to be released on conditions



Melissa Ann Shepard.
THE CANADIAN PRESS

An elderly woman known as the Internet Black Widow has agreed she won't be romancing any men once she's out of prison unless police are first informed, but it's possible she'll fight this and other conditions of her release at a future court date.

Melissa Ann Shepard, now in her early 80s, is set for release from a federal women's jail in Truro on Friday, after being denied parole and serving her full sentence.

In her latest conviction in

June 2013, she was sentenced to two years, nine months and 10 days in jail for spiking her newlywed husband's coffee with tranquilizers.

Crown prosecutor James Giacomantonio said Tuesday that his office recently decided she was a strong candidate for a rare peace bond application that had to be authorized by the province's attorney general.

"We believe she's a significant risk to the public," he said after a court hearing.

He said Shepard hasn't yet

agreed to that bond, and that matter was set over until an April 4 hearing.

But during Tuesday's appearance, Shepard — who was rolled into the building in a wheelchair by sheriffs while she covered her face with her hands — said in a soft voice that she will agree to abide by essentially the same conditions while awaiting that peace bond hearing.

The 22 conditions include the requirement she report her relationships, that she not use the Internet, that she stay at

home at night, that she provide photos on demand, and that she inform police of any attempts to change her appearance.

Born in Burnt Church, N.B., Shepard is known as the "Black Widow" or the "Internet Black Widow" because she has prior convictions stemming from her past relationships with men.

She was convicted of manslaughter in 1992 in the death of her second husband, Gordon Stewart, who she drugged and ran over twice with a car.

THE CANADIAN PRESS

CONSTITUTIONAL CHALLENGE

Incompetent Persons Act to be changed, lawyer says

The lawyer for a man who is fighting a Nova Scotia law that limits the rights of people with intellectual disabilities is welcoming word the province has waved the white flag.

Susanne Litke, the lawyer for Landon Webb, said an announcement Tuesday by the provincial justice minister that her department would not oppose next month's constitutional challenge of the Incompetent Persons Act was "very good news."

"I think it's a very important move and I'm very pleased with the response of the minister to our application," said Litke.

Webb, 25, has been trying to overturn his "mentally incompetent" status and says the act infringes on his rights and freedoms.

His case made headlines last October after he left the Kings Regional Rehabilitation Centre in the Annapolis Valley for several weeks.

His parents, Brenda and Darrell Webb, went public with concerns about their son, who they said functions at the level of a 10 or 12-year-old. They said he had been diagnosed with autism, has developmental



Diana Whalen
JEFF HARPER/METRO

disabilities and can have severe anxiety and mood swings.

Webb was found safe in Edmonton last November and returned to Nova Scotia, where he has since appeared in local media saying he is not incompetent and wants to be free to live a normal life.

Litke said Tuesday she was pleased with Justice Minister Diana Whalen's promise to finally change a law that should have been revamped following recommendations from a law reform commission report released 20 years ago.

"The law needs to be overhauled in every way," said Lit-

ke. "It doesn't include any of the modern methods of working with persons with disabilities."

However, Litke said Webb would still seek a legal remedy to his situation when he goes to court April 29 because any changes to the law won't be made for another year.

Whalen, whose department is conducting an ongoing review of the law, said those changes would involve either amending the current act or repealing it in favour of a new law.

On Tuesday she said it's clear some form of change is needed for a law that is too uniform in its approach.

"You either are considered to have capacity or not to have capacity," Whalen said. "What we realize in today's society is that there is a range of abilities that people have and a range of ability to make your own decisions and to have some control in your life."

She said the province plans to have any changes in place by spring 2017 following consultations with families and the legal community.

THE CANADIAN PRESS

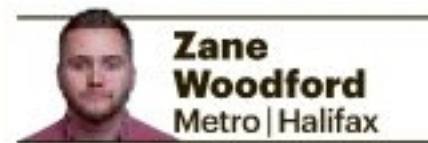


Syrian refugee children explore the Discovery Centre on a recent field trip after being settled in Halifax. JEFF HARPER/METRO

More immigrants to call N.S. home

IMMIGRATION

Nominee program will rise to almost 1,400 people



Zane Woodford
Metro | Halifax

Federal Immigration Minister John McCallum said Tuesday "you'd have to be an idiot" not to hear the message loud and clear from Nova Scotia: This province wants more immigrants.

"I get it, I get it," he said during a speech to the Halifax Chamber of Commerce. "And I agreed on the 300 after a couple of weekend conversations with the premier."

That's 300 more immigrants that will be given permanent residence in Nova Scotia through the provincial nominee program in 2016, bringing the total cap up to 1,350. It was a commitment made to



John McCallum
JEFF HARPER/METRO

the province by the outgoing Conservative government that the Liberal government has now agreed to.

After his speech, McCallum told reporters the reason the cap couldn't be raised more is that the focus in the federal government's first year in office was to settle refugees.

"The real time for Nova Scotia is in the next three years," he said.

McCallum said a working group is being set up to bring

the Atlantic provinces together to work out a plan to attract and retain more immigrants, with Nova Scotia taking the lead.

"You don't have to tell me that 300 doesn't solve the problem," he said. "I know that, but what I am talking about is levels of immigration over coming years that will help to address this issue for Nova Scotia."

Before consultations are completed, though, McCallum said he couldn't provide any specific numbers on how many more immigrants Nova Scotia could claim.

But the province is already taking advantage of another way of bringing more immigrants into the province.

Provincial Immigration Minister Lena Diab said after McCallum's speech that Nova Scotia brought in 3,400 immigrants in 2015 — about half of which came from federal streams like Express Entry, which helps skilled workers become permanent citizens.

"Any time that we are able to direct people to use the federal stream, that's exactly what we do because we want to maximize all pathways for immigration to Nova Scotia," she said.



You don't have to tell me that 300 doesn't solve the problem.

Federal Immigration Minister John McCallum

RICHMOND COUNTY

Spending probe to take months

A spokesman with Nova Scotia's Ombudsman's office says its investigation into municipal spending and expenses in Richmond County will take months.

Several complaints from concerned residents prompted the investigation.

Ron Crocker says the office investigates municipal complaints frequently as part of

its mandate.

But Crocker says this case is somewhat different because it deals with spending and expenses by individuals.

THE CANADIAN PRESS

EASTERN PASSAGE

Two charged after drugs seized in raids on homes

Police have charged two men with drug trafficking after executing search warrants at two Eastern Passage homes.

On Sunday, RCMP and

Halifax police dog services executed the search warrants at two residences on Cow Bay Road.

They seized Dilaudid, cocaine, drug paraphernalia and cash from the homes.

David Beaton, 45, was

charged with trafficking cocaine and prescription pills. Ryan Lafitte, 34, was charged with trafficking cocaine.

Both men appeared in Dartmouth Provincial Court on Monday. METRO

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Man lost fight with depression

MENTAL ILLNESS

Sought help, but wait list for psychiatrist was too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man.

He lost his battle with depression on March 1 when he took his own life.

"We could see him slipping away, we could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to handle it well.

"Some people have outward signs that something's not right, but Cody was always assuring us he was all right," said Lisa.

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried to get help through a mental health crisis line. A day later, the service called back and told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his



Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS/CONTRIBUTED

family doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said his son was optimistic the morning of his doctor's appointment, but when his son

returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

"I've seen Cody lose in competition before, but I've never,

ever, seen him defeated.... It killed me to see him like that."

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they

would do everything in their power to help me right then and there; they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done to change the way mental ill-

+ SOFT SIDE

'He always wanted a hug'

His parents said even though Cody was a fighter, he did have a soft side.

He would always hug and kiss them every time he saw them, regardless of who was around.

"For some kids, the last thing they want to do is tell their parents that they love them, but he told us all the time," his mother said. "He always wanted a hug."

ness is viewed and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter. More than 800 people from the communities of Millbrook and Truro attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"Hearing all these stories from people about how he helped them, talked to them and listened, or how he spent extra time with their little kids at the gym. He just always had time for others," said Lisa.

The Glodes are hoping people will learn from their son's story and realize mental illness can affect anyone, and that seeking help is not a sign of weakness, but of strength.



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Funding announced for science initiative

INNOVATION

Feds pledge \$6M ahead of country's 150th birthday



Yvette d'Entremont
Metro | Halifax

Federal funding for two signature projects to celebrate Canada's 150th anniversary in 2017 was announced at Halifax's Discovery Centre on Tuesday.

Canadian Heritage Minister Melanie Joly was in the city to provide details on funding for both projects and to unveil the federal government's vision for next year's celebrations to commemorate Confederation.

Joly announced almost \$6 million for the project Innovation150, an initiative she said will help Canadians learn



Martin Laforest, senior manager of scientific outreach for the University of Waterloo's Institute for Quantum Computing, leads a science experiment at the Discovery Centre on Tuesday as part of a federal announcement. JEFF HARPER/METRO

about scientific innovations realized in this country over the course of the past 150 years. It will also offer opportunities for Canadians to experience hands-on innovation.

That project will include traveling science exhibitions

and major city-wide festivals. The collaborative initiative brings together five of Canada's leading science outreach organizations.

Nobel Prize-winning astrophysicist Arthur B. McDonald was one of several digni-

taries on hand for Tuesday's announcement. Born in Sydney, he received his Bachelors and Masters degrees from Dalhousie University and is one of Innovation150's ambassadors.

"It's a wonderful opportunity to celebrate the fact that in Canada it is possible to do world class science," McDonald said in an interview.

"I'm hoping that young people will feel that that is the case and that they will be interested in science and that they will be inspired to participate in science."

Experience Canada will also receive \$700,000 in federal funding for its Canada 150+Me project to enable young Canadians to participate in cultural exchanges in other provinces.

Halifax is one of four regional destinations selected for the Canada 150+Me project. The Canadian Museum of Immigration at Pier 21 will be the site of a regional forum slated for May, 2017.

CULTURE

Mi'kmaw woman new poet laureate



Zane Woodford
Metro | Halifax

Halifax will have a new poet laureate in a few weeks.

Mayor Mike Savage announced Tuesday that Rebecca Thomas will take over the position on April 1 for a two-year term.

Thomas is a Mi'kmaw poet, spoken word artist, and current Halifax Slam Master. She's



Rebecca Thomas FACEBOOK

also the Coordinator of Aboriginal Student Services at the Nova Scotia Community College.

"Poetry can give a voice to the voiceless. Poetry can make a powerless person feel powerful," Thomas is quoted saying in a release from the municipality. "This is why I speak."

"Coming from an Indigenous background whose family has been greatly impacted by residential schools, Ms. Thomas has come to recognize the lack of prominence given to First Nations perspectives within the history of Halifax," says the release.

"She embraces the opportunity to bring her cultural voice to the broader public discussion through the poet laureate position, and believes that the arts and poetry can help people heal in ways beyond traditional therapies."

Thomas will give a special reading at a regional council meeting in late April. The municipality will hold a reception to usher her in, and celebrate the legacy of outgoing poet laureate El Jones, who's held the position since 2013.

TONIGHT

THEIR NEXT MISSION IS TO STAY ALIVE.

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Blame the owner, not the pup: Poll

Thandi Fletcher
Metro | Vancouver

The majority of Canadians believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog, results of a new survey show.

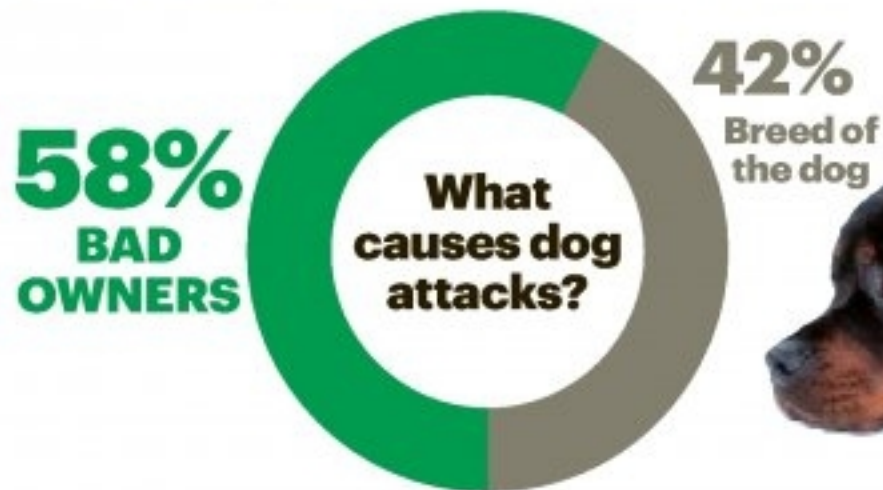
The survey from the Angus Reid Institute finds that 58 per cent of people believe dog attacks are isolated incidents to be blamed on human influence, while 42 per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive.

"What you see is an appetite to keep so-called bad owners on a short leash — as opposed to banning dogs," said Shachi Kurl, of the Angus Reid Institute.

Canadians were generationally divided on the issue, the survey found, with older people more likely to blame breeds.

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The self-commissioned survey has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20.

1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18-34 and weaker among those aged 55 and older.



2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.

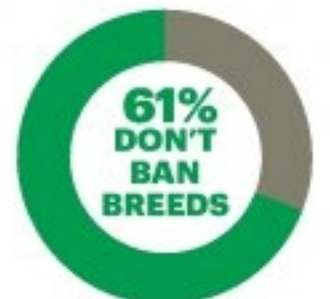


3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).



4 Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.

5 Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).



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Urban maple trees yield sweet rewards

Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

About six years ago he asked his neighbours, the Layton family, if he could try tapping the huge 75-year-old silver maple in their front yard.

At the time, the Laytons' boys Francis and Yannick were only about six and four years old, and they were wildly excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

This year, the Laytons' new next-door neighbour, Julia Lipinska, got in on the action, too. She has a matching maple tree

on her lawn — they're the only two on the street, and they're original to the semi-detached house the two families share, she said.

There are eight taps altogether, four on each 36-inch-diameter tree. Hempel thinks he'll get about five litres of maple syrup from them this season.

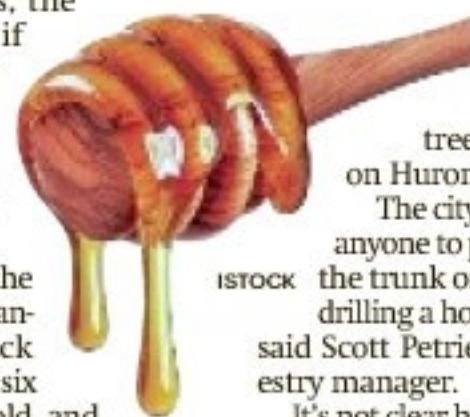
And the communal spirit spreads beyond the three families, Hempel said, adding that talking to curious passersby is the best part of the season.

Positive feedback is good, since it's technically illegal to tap city-owned trees like the ones on Huron.

The city's bylaws forbid anyone to physically injure the trunk of a city tree, and drilling a hole into it counts, said Scott Petrie, the city's forestry manager.

It's not clear how many ad hoc taps there are across Ottawa. At 52,000 trees, about a third of the city's urban canopy is some kind of maple. About 16,700 of those are high-yield sugar maples.

With that many trees on city property alone, residents should be allowed to tap into their syrup potential, Hempel said.



IN BRIEF

PM expected to announce UN security council bid

Prime Minister Justin Trudeau is expected to announce that Canada will seek a non-permanent seat on the United Nations Security Council.

Trudeau is in New York today for meetings with Secretary General Ban Ki-moon. The pair met in Ottawa last month and Trudeau had said Canada would seek a two-year term on the council.

It is not clear when Canada could seek such a term, because the slate of candidates in the UN's Western and European and Others Group is full until at least 2020. THE CANADIAN PRESS

Man who attacked military recruitment centre charged

A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a north Toronto military recruitment centre a day earlier. Investigators were probing possible terror links. The city's police chief said there didn't appear to be any connection, although it appeared military personnel were deliberately targeted.

THE CANADIAN PRESS

BURIED
University of Illinois researchers estimate only nine per cent of today's threatened mammals will show up in the future fossil record.



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

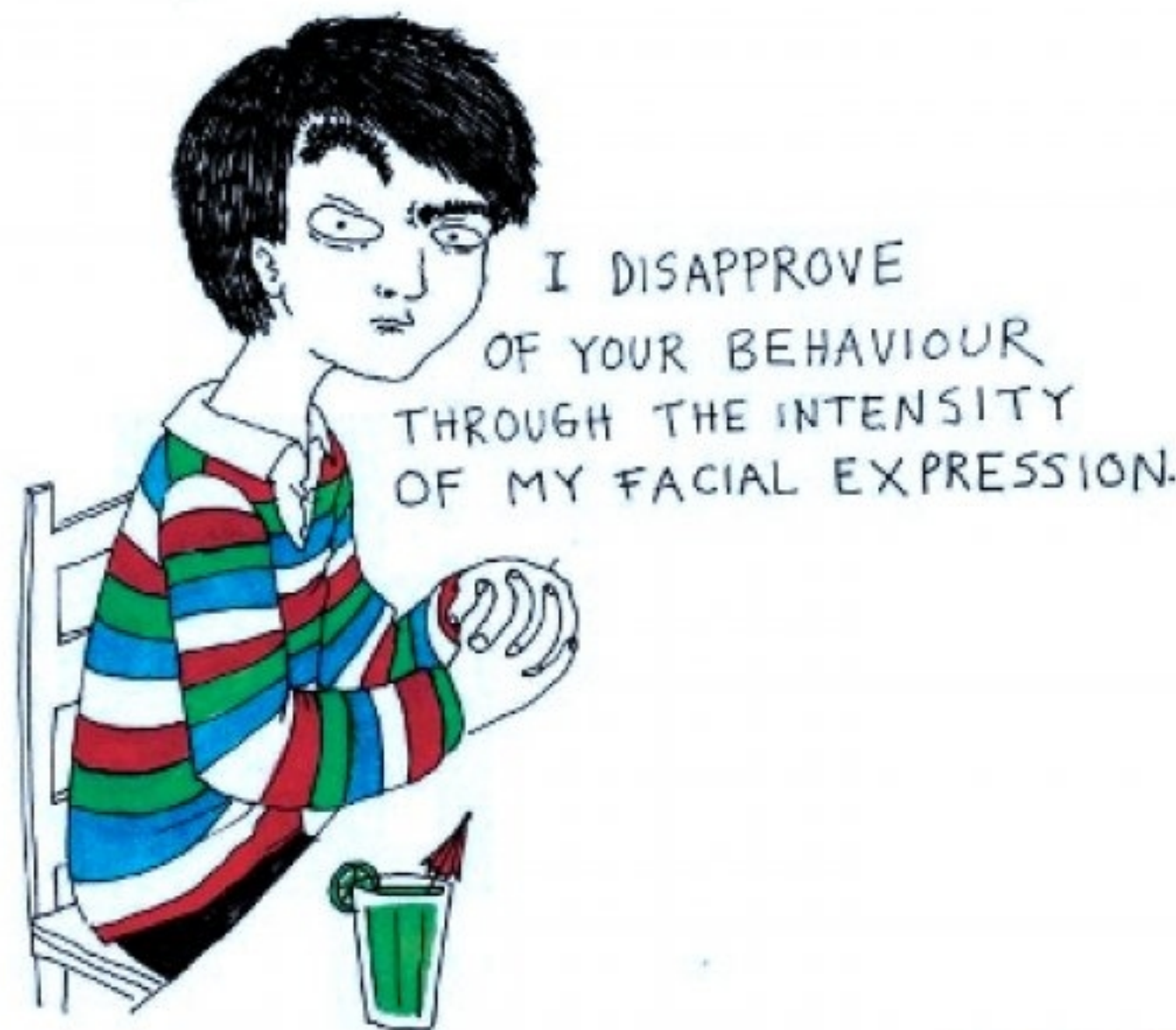
Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.



© Ani Castillo

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the

spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't

know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone that selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror. Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelled into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding direc-

tor of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both suspects in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How do we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

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Indiana Jones and The Actually For Real, Seriously (We Promise) Last Crusade
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Twitter reacts to news that Harrison Ford, 73, will reprise role in fifth Indiana Jones movie

Patak heiress's new cookbook

INTERVIEW

Second book remixes Indian classics for new generation

Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujarat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the



Anjali Pathak challenges culinary stereotypes.

Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W.

Garfield Weston.

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is *The Indian Family Kitchen: Classic Dishes for a New Generation*, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio *Flavour Diaries*). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her

blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamom, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."



Metro's Emina Gamulin was most successful with this tiger shrimp recipe: "It tastes amazing, even reheated at the office, and presents beautifully," she says. ALL PHOTOS CONTRIBUTED

EXCERPT

Tiger Shrimp with Lime, Ginger & Mustard Seeds

Serves 4

Prep time 10 minutes
Cook time 10 minutes

Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns,

crushed with a pestle and mortar

- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt

- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

Directions:

1. Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to

sizzle, stir through the scallions, chile and ginger and allow to soften for around a minute.

2. Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on

each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

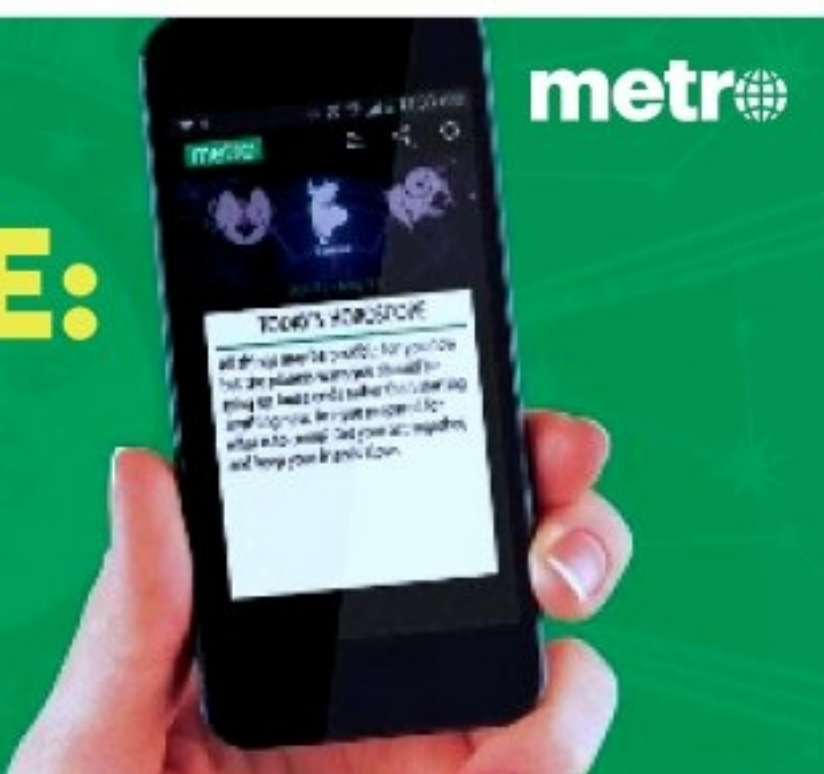
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6 @6 LAST NIGHT:

- 6 Lukas Graham 7 Years
- 5 Tony Lanza Say It
- 4 Alessia Cara Wild Things
- 3 Zayn Pillow Talk
- 2 Rihanna ft Drake Work
- 1 G-Eazy ft Bebe Rexha Me, Myself and I

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METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA



HEINZ
375 mL, \$3.50



FRENCH'S
1 L, \$4.19



NO NAME
1 L, \$2.69



STONEWALL KITCHEN
488 mL, \$9.99



Irene Kuan

A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.

"Overly sweet and sugary" with "not much of a tomato taste."

C

"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet."

B

"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste."

D

"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste."

A



Rosemary Westwood

Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.

"It's sweet but vinegary. Very normal tasting."

B

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

D

"It's super salty."

C

"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!"

A



Andres Plana

The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.

"It tasted great, and I liked the texture."

B

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

C

"Not good at all. It's watery and tastes cheap."

D

"Different, but definitely the best. It has a great flavour with extra seasoning."

A

GRADING SYSTEM **A** = It better be in your fridge at all times!

B = It's OK. Expect it on your average street meat

C = Meh... passable. Eat it as fast as you can

D = You're better off putting dirt on your hot dog

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Kicking it up more than a notch



REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada



When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6.

Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last

year's model was its nine-speed automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens

whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.



My car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)

Transmissions. Nine-speed automatic
Price. \$25,395 (base), \$40,265 (as-tested), plus destination

COOL FEATURES

- Active grille shutters
- Blind spot monitoring with cross-traffic alert
- Heated, ventilated front seats
- 8.4-inch touchscreen
- Heated steering wheel
- High-intensity headlights with LED fog lights



CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The available AWD runs primarily in front-wheel but distributes power to the rear when needed, and disconnects when not required for better fuel efficiency.
- The 200 can be optioned up to considerable luxury, including adaptive cruise control, self-parking, and panoramic sunroof.

MARKET POSITION

- Although Chrysler said it will now focus on larger vehicles, the 200 and smaller Dodge Dart aren't being immediately dropped. They will live out their life cycle for about 18 months and be replaced with other products.

THE COMPETITION



Ford Fusion
Base price: \$23,249



Nissan Altima
Base price: \$23,998



Honda Accord
Base price: \$24,150

GREEN NEWS

Range-extended Nissan in the works, while fuel-economy progress is slow

Nissan is developing a range-extended electric car, a plug-in battery electric with a small internal combustion engine that takes over when the batteries are depleted, the company says.

The automaker will unveil a new range-extended model distinct from the pure electric Leaf sedan in 2017, says Australia's Motoring magazine.

The Leaf, now the best-selling electric car in history, will continue production as

an all-electric vehicle, said Yoshi Shimoda, Nissan deputy general manager for electric cars and hybrids.

There is no official hint as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue).

Nissan previously planned to launch plug-in hybrid powertrains in larger vehicles, reserving battery electric power for smaller ones.

Meanwhile, in other green news, developed countries are not making enough progress in improving vehicle fuel economy, while the rest of the world is making virtually no progress at all, says a report by the Global Fuel Economy Initiative, a Europe-based coalition of transportation and environmental interests.

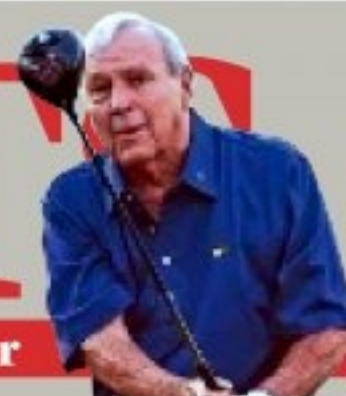
Progress in developed countries is too slow to meet what it says are necessary targets.

WHEELBASE MEDIA



There is no official hint from Nissan as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue). HANDOUT/WHEELBASE MEDIA

Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year



IN BRIEF

Impact's Piatti and Oduro filling the Drogba void

Ignacio (Nacho) Piatti and Dominic Oduro have put to rest any concern about the Montreal Impact's missing star striker, Didier Drogba.

The Impact, thought to be punchless without the 38-year-old Ivorian, has scored six goals in its first two Major League Soccer games — a 3-2 road win over the Vancouver Whitecaps and a 3-0 home shut-out against the New York Red Bulls. Piatti has led the way with a league-leading three goals plus an assist. Oduro has a goal in each game and an assist. Drogba is set to rejoin the team briefly for a game Saturday in Dallas, but the Impact has done fine without him so far. THE CANADIAN PRESS

Carey to realize her dream

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy. Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask.

The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds on Feb. 28.

THE CANADIAN PRESS

No more net gains as goalies slim it down

NHL

League says more scoring chances not the objective

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here."

Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among others, would like the goaltend-



Typical attire seen here on **Canada's top goalie Carey Price of the Canadiens** is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

ing position to be more about skill and less about the puck simply caroming off enormous equipment.

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much grey area previously to enforce

"If it takes a little more skill to play the position so be it."

NHL's Kay Whitmore

the rule effectively.

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it."

"If you cheat, you pay the price," Montreal general manager Marc Bergervin said. "If we

all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goaltending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season.

THE CANADIAN PRESS

BOXING

Clayton to face Munoz

Custio Clayton will have a new opponent for his bout this week at the Montreal Casino.

The rising Dartmouth welterweight (6-0) was to have faced Alvaro Robles (19-5-0, 17 knock-outs) in the toughest test of his pro career. But Robles had visa problems and had to pull out. Clayton's new opponent Thursday night is Hector Munoz (23-17-1, 15 KOs), a former sparring partner of the late Montreal-born boxing star Arturo Gatti.

It will be Munoz' second trip to the casino, having lost there by 12th-round TKO to Antonin Decarie on Oct. 4, 2008. That started a slide that has seen the New Mexico native go 5-16 in his last 21 bouts. It will be a second straight card at the casino with Clayton in the main event. The 2012 Canadian Olympian stopped Stanislas Salmon of France in the second round on Jan. 21.

Clayton will be without his trainer Daniel Trepianier, who is in Argentina with the Canadian national team for an Olympic qualifying tournament.

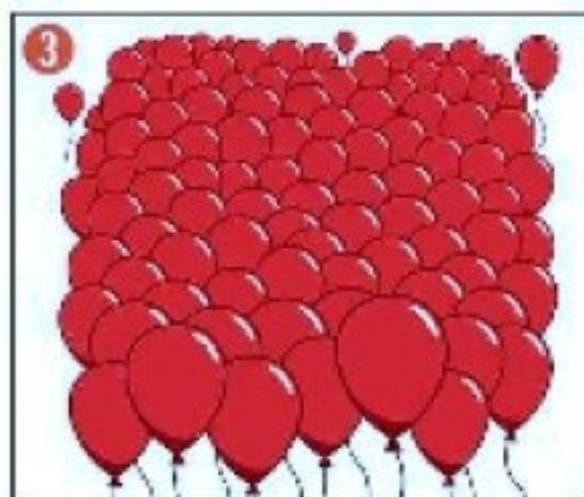
Eric Belanger will fill in.

THE CANADIAN PRESS



Custio Clayton
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Saint Mary's Huskies guard Kennisha-Shanice Luberisse powers past Cape Breton Capers guard Valentina Primossi during the final of the 2016 AUS Championship. JEFF HARPER/METRO

Gold and glory the hope for Huskies

BASKETBALL

Saint Mary's on march again as university hunt national crown



Kristen Lipscombe
Metro | Halifax

The Saint Mary's Huskies have high hopes for national hoops.

The Huskies women, who claimed their fourth straight Atlantic University Sport title earlier this month, left for Fredericton on Tuesday. They take to the University of New Brunswick court for the Canadian Interuniversity Sport Women's Basketball Final 8 starting Thursday.

"We're feeling pretty positive," fifth-year forward Laura Langille of Bedford said Tuesday from the team bus.

"We're going in as a united front," Langille, who was named defensive player of the game March 6 after putting up 13 points and pulling nine rebounds to help lead the Huskies to a 63-49 win over the

Cape Breton Capers, successfully punching their returning ticket to the upcoming CIS national championship.

"We're looking forward to the week overall," said the six-foot-tall Langille, who has previously claimed both bronze and silver medals at CIS nationals, and along with her teammates is aiming for nothing less than gold this time around.

But first up for the Huskies is their quarter-final matchup against the Alberta Pandas, who are seeded sixth as Canada West bronze medallists.

"We played Alberta earlier this year in exhibition," Langille recalled of a pre-season

tournament game in Halifax that was forced into overtime, with the Huskies coming out on top 71-64 in the end.

"We know that that was the beginning of the season, and both teams have definitely grown," she said. "Basically, we prepared as if we're going (up against) a brand new team."

That has included analyzing Alberta Panda plays, including their defence, "and how we're going to counter that."

If they beat the Pandas on Thursday, the Huskies then advance to Saturday's semifinals, which will air on Sportsnet One. Otherwise, they'll play out consolation games Friday.

The bronze and gold medal games are set for 10 a.m. and 1 p.m. Atlantic Time on Sunday, respectively, at the Richard J. Currie Centre on the UNB campus. The final game will air on Sportsnet 360.

Huskies head coach Scott Munro agreed his team is feeling "pretty optimistic" heading into this year's nationals.

"We've got a big challenge in front of us, to try and win three games, but all our focus is been on that first game against Alberta," said Munro.

TIGERS ROAR

Men making noise too

The CIS Men's Basketball Final 8 also runs Thursday through Sunday, at the University of British Columbia in Vancouver, B.C., with two-time AUS champions the Dalhousie Tigers taking on the Ottawa Gee-Gees in quarter-final action Thursday.

REFUGEE INITIATIVE

Syrians get a taste of the ice

Some of Nova Scotia's newest residents will be getting a strong dose of Canadian tradition this weekend.

The Saint Mary's Huskies are welcoming more than 60 Syrian refugees into Scotiabank Centre stands Friday, when they face off against the UQTR Patriotes in quarter-final action, on what will be Day 2 of the 2016 CIS University Cup Men's Hockey Championship in Halifax.

"Saint Mary's is Canada's international university and

we're always looking for new ways to incorporate intercultural sharing and learning among our students, and with our community," Saint Mary's University president Dr. Robert Summerby-Murray said in a news release Tuesday.

Athletic Director Kevin Downie added that, "along with our partners at Sports Entertainment Atlantic, we thought the University Cup was a great opportunity to not only introduce the Syrian new-

comers to a piece of Canadian culture, but also to welcome them into the community at a fun event."

The Syrian hockey fans-to-be are currently staying at a Halifax hotel. They will be provided with Huskies swag to help them cheer on the home team and will be bussed to and from the game by the Saint Mary's University Student Association.

The puck drops at 8 p.m. on Friday at the Scotiabank Centre. KRISTEN LIPSCOMBE/METRO

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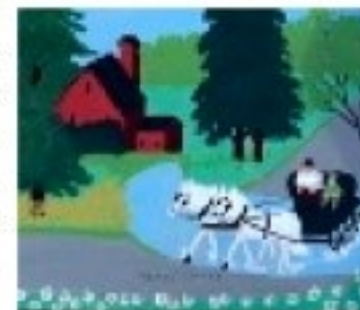
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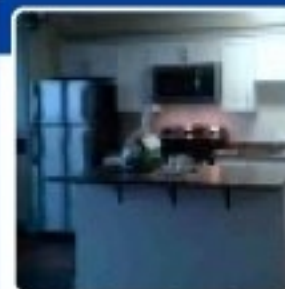
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RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients

- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2-inch dice
- 2 chicken breasts

For marinade:

- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:

- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.



PHOTO: MAYA VISNVEI

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

4. Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

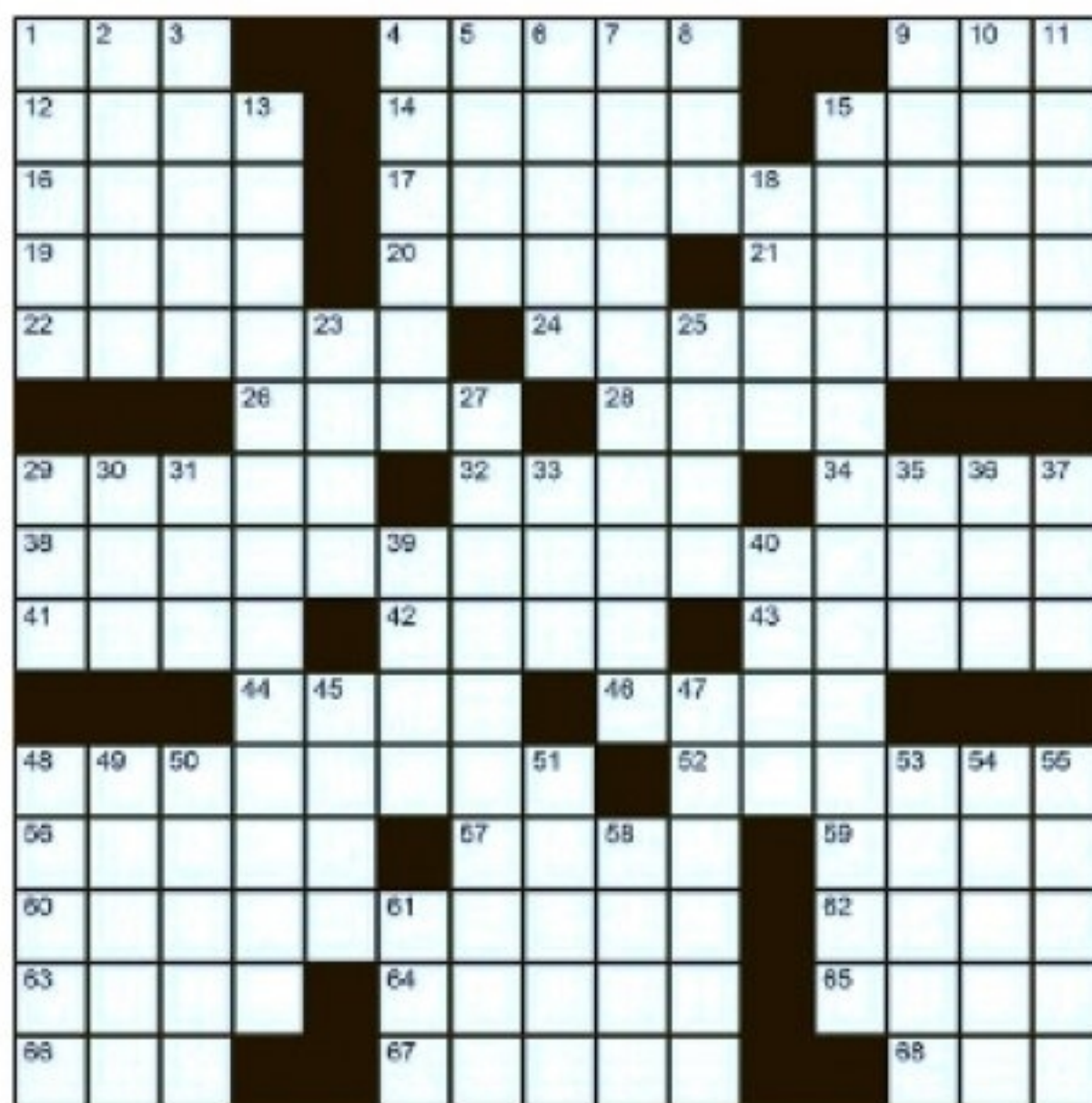
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BY KELLY ANN BUCHANAN

ACROSS

- Global currency org.
- "For ___ Know" by The Carpenters
- Drummer Mr. Starkey
- Salad alternative
- Coup ___ (Quick look)
- Donned
- Title of Rihanna's latest album
- Bodybuilding title: 2 wds.
- Big deals
- "___ No Sunshine" by Bill Withers
- Singer Mr. Neville
- Agree
- Bangle bauble
- Flush
- Rocker David Lee
- Poetry
- ___ iris (Rainbow, in Spain)
- Biblical twin
- Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
- Baby ___ (Nestle chocolate bar)
- Buzz Aldrin's famous employer
- Stoppages
- H.G. Wells' fruitivores
- Chase, police car style
- Makes certain
- Sweater styles
- ___ ('Dine in the Dark' restaurant in Toronto and Montreal)



- Work ___ solution (Solve the problem)
- "Full Metal Jacket" (1987) actor, ___ Ermey
- Music style for Liverpool band Gerry and The Pacemakers
- ___ (Precisely)

- Rock venue pit
- ___ lot (Enjoys the buffet)
- Quite
- Noah's boat
- More humorously ironic
- English novelist Mr. Lawrence, et al.

DOWN

- Oscar __, "Star Wars: The Force Awakens" (2015) actor
- World, in Rome
- Loft furniture piece
- From Sea to Sea: 'A Mari Usque ___' (Canada's motto)

- Ms. Singer
- "MasterChef Canada" judge, Alvin ___
- Packed away garb in Spring: 2 wds.
- High Priest in the Old Testament
- 'Z'-marking swordsman
- Torching crime

- Carolyn ___ (Name behind 'Nancy Drew' stories)
- Astrological sign/symbolism: 3 wds.
- 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
- Extensive
- Iris spot
- Werewolf's light
- Vancouver Island treat: 2 wds.
- TV hookup, once
- Montreal faucet liquid
- ___ card (Grades-list)
- Li'l campground sights
- Mr. Mineo
- Pertinent
- Increases
- Q. "Excuse me, where's the surgeon?" A. "She's ___ right now."
- "The ___ Red Line" (1998)
- Read: French
- Computerized human
- Pausing punctuation
- Just ___ two (Not as many as three)
50. 'Norwegian', in Norway
- Fatty, as some meat
- Sky's white cotton candy
- Mike Hammer portrayer Stacy
- Mr. Rogen's
- Zap
- Archery wood

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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